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*Have you
read this?*

Squandering Food Resources*

By Malvina Lindsay

Diet Inventory

AMERICAN EATING habits and food waste are coming up again for appraisal as the Nation takes stock of its defense strength and as food goes to the world fronts in the cold war.

What we are hearing now about our diet does not hold promise for the Nation's future health. Nutritional biochemists tell us we are not, as we complacently supposed, the best fed people in the world,

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but rather the "most fed"; that many primitive people have better nutrition than ourselves.

Economists point out that our dependence on the more costly animal products, as meat, milk, butter, eggs, has put us in a vulnerable position as real buying power has declined. And they predict that 90-cent butter and 70-cent eggs are here to stay.

Tests made by the Department of Agriculture show nutritional ignorance so great that comparatively few families are prepared to make proper substitutions as they cut down on meat and dairy products in the face of high prices.

Child welfare authorities report that the majority of children have only fair nutrition, that a large proportion bolt inadequate breakfasts and use their spending money during the day for candy, gum, soft drinks and cookies.

Dental authorities warn that tooth decay is rapidly increasing because of children having too civilized a diet with too much sugar and too many refined, starchy foods that do not require much chewing.



ON TOP of all this, the World Food Organization warns that the world food situation is still critical from shortages, and suggests that nations with surplus food make the best possible use of what they

have. In both Europe and Asia the pressures of hunger are preparing the soil for communism or other forms of totalitarianism.

The European Recovery Program will get food to some critical areas. But it now looks as if for a long time to come this country as a measure of self-protection, as well as of humanitarianism, will need to keep food moving to the trouble spots of the world. As Sir John Boyd Orr, retiring director of the World Food Organization, recently pointed out, the test of today's civilization is whether or not it can meet the primary food needs of its people.

That means that this country, greatest food producing Nation, will have to concern itself with food production and food conservation on a long-term basis. Also in order to fill its new world role it will need stronger, more intelligently nourished citizens. A disturbing number of youths rejected in the last draft had defects rooted in nutritional deficiencies. While economic privation was partly responsible, nutritional ignorance also strongly entered into this.



RECENT surveys show one basic weakness in the American diet is lack of vitamin C foods, as citrus fruits, tomatoes and cabbage. Americans are also going too light on such surplus foods as canned

vegetables, fruits and potatoes.

The meat eating habit is so strong that the average family is likely to cut down on such an essential as milk to gratify it. In many homes improper cooking methods destroy valuable food elements. And the desire for animal products and refined foods means greater demand for grain, the product most needed for shipment abroad.

Widespread adult education in nutrition was carried on during the war. The Red Cross still conducts such classes. Home economics instruction in schools and colleges is enlarging, yet only one American girl in three receives this in grade school. The Department of Agriculture survey showed that women with high school education knew the most about nutrition—and practiced their knowledge.

Now with the great efforts under way to make the Nation strong by means of armies and airplanes there seems need for a supplementary program in nutrition and food conservation. Both the waste of manpower and the waste of food that result from nutritional illiteracy are a drain on a Nation that needs to remain both strong and generous.

*Something IS being
done about it! ➡*

A Conservation Program for Consumers

In her article Miss Lindsay accurately presents the food supply problem. Our food resources are being pushed to the limit, and consumers, farmers and industry need all possible help in their efforts to so manage food production and use that we will be able to maintain good diets here, help Europe, build up reserves and fight inflated food prices threatening good nutrition.

Homemakers are benefiting both their family and their country by putting into action the following five-point plan:

1. Feed your family well, nutritionally.
2. Use plentiful instead of scarce foods.
3. Use food alternates wisely.
4. Serve dishes that extend scarce foods and save money
5. Get your money's worth from the food you buy.

The Department of Agriculture is taking steps to aid homemakers in doing these things. One such step is the offer of a special book of

150 recipes, titled "Money-Saving Main Dishes." It will be sent free to anyone who will print her name and address on a penny post card and mail it to
FOOD CONSERVATION,
Washington 25, D. C.



As a further aid to saving food and saving money, foods designated as plentiful will be flagged as "Banner Buys" in store advertising and on display shelves under a cooperative plan being worked out between the Department and the nation's food dealers.

"Freedom Gardens" also help to feed families well, cut food budgets, and add to the national food supply. Home preserved garden or commercially grown fruits and vegetables are a good form of nutritional and economic insurance.

You can do yourself and others a good turn by passing along information about this program and what it means to everyone.

